


Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed
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Non-Traditional , Low Organized Activities & PIO Programming			
Program	Days	Times	Ages
Open Ping Pong	M/W/F	12:00pm-3:15pm	8+
	Tues/Thurs	12:00pm-5:15pm	8+
	Saturdays	11:00am-5:15pm	8+
Adult Ping Pong	M/T/TH/F	5:00pm-7:15pm	18+
Recess Cleveland	Thursdays	4:00pm-7:00pm	8-17
Computer Room	Monday-Friday	12:00pm-2:45pm	18+
	Monday-Friday	3:00pm-7:15pm	5+
	Saturdays	10:00am-4:45pm	5+
Weight Room	Monday– Friday	12:00pm-7:15pm	18+
	Saturdays	10:00am-5:15pm	

Pre-Registration **REQUIRED** for all activities





Sterling Recreation Center

1380 East 32nd Street

216/664-2573



Programs	Day	Time	Ages
Coed Youth Flag Football	Tuesday	5:15pm - 7:00pm	8-12
Coed Junior Flag Football	Thursday	5:15pm - 7:00pm	13-15

Bump, Set & Spike			
Programs			
Youth Instructional Co-Ed Volleyball	Wednesdays	5:00pm - 7:15pm	8-10
Senior Coed Volleyball	Tuesday	5:15pm-7:15pm	14-17
Junior Co-Ed Volleyball	Thursday	5:30pm-7:15pm	11-14

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Adult Gym Ages 18+	12:00-2:30pm School Group	12:00-2:30pm Adult Gym Ages 18+	12:00-2:30pm School Group	12:00-2:30pm Adult Gym Ages 18+	10:00-11:45am Community Group
3:00-4:15pm Teenage Gym Ages 13-17	3:00-4:15pm Teenage Gym Ages 13-17	3:00-3:45pm Teenage Gym Ages 13-17	3:00-4:15pm Teenage Gym Ages 13-17	3:00-4:15pm Teenage Gym Ages 13-17	12:00-1:45pm Youth Gym Ages 8-12
4:30-5:45pm Youth Gym Ages 8-12	4:30-5:45pm Youth Gym Ages 8-12	4:00-4:45pm Youth Gym Ages 8-12	4:30-5:45pm Youth Gym Ages 8-12	4:30-5:45pm Youth Gym Ages 8-12	2:00-2:45pm Adult Volleyball Ages 18+
6:00-7:15pm Basketball Skills & Drills Ages 8-17	6:00-7:15pm Community Group	5:00-7:15pm Instructional Youth Volleyball Ages 8-10 (Oct.—Dec.)	4:00-7:00 Recess Cleveland Ages 8-17	6:00-7:15pm 30+ Gym Ages 30+	3:00-3:45pm Open Gym Ages 8-17
					4:00-5:15pm Volleyball Skills & Drills Ages 8+



After School Meals Program		
5-18yrs.	Monday–Friday	4:00pm-5:00pm
	Saturdays	1:00pm-2:00pm

Schedule subject to change without prior notice.